

# HALSTEAD

S w i m m i n g C l u b



## 2013 CLUB CHAMPIONSHIPS

Licence No: 4ER3649

**Fri 27<sup>th</sup> & Sat 28<sup>th</sup> September : Fri 4<sup>th</sup> & Sat 5<sup>th</sup> October: Fri 11<sup>th</sup> October**

The issue of a license means that swimmers, coaches and parents can assume that the meet is a "quality competition" which complies with a standard set of requirements. Each Swimmer's results will be registered and stored on the ASA database.

Friday 27<sup>th</sup> September – Round 1

Saturday 28<sup>th</sup> September – Round 2

Friday 4<sup>th</sup> October – Round 3

Saturday 5<sup>th</sup> October – Round 4

Friday 11<sup>th</sup> October – Round 5

Friday 18<sup>th</sup> October – Round 6 STYLE

- 1 All events will be HDW (Heat Declared Winner). The overall champion and age group placing will be decided by the times achieved (See over sheet for further details).
- 2 Heats will be swum with all age groups combined and swimmers seeded by entry time. If you require an entry time please speak to your coach and we will endeavor to arrange a time trial.
- 3 Entry Fee will be £5.00 for 8U's, £7.50 for 9 to 12 Years and £10 for 13/Over plus £1.50 administration charge. This will include a medal for everyone that takes part and will be presented at the Presentation Evening
- 4 **Closing date for entries – Midnight on Friday 23<sup>rd</sup> August 2013**
- 5 You may only enter into one age group.

### **Please only enter the events that you intend to swim on the day.**

In the event of a withdrawal that is deemed unjustified by the management team, the swimmer may be excluded from competing in further rounds of the 2013 Club Champs.

- 6 These are your Club Championships and provided that you have been a bona fide first claim member for more than 3 months you are entitled to enter. **As a competitive swimming club we would like to encourage every swimmer to participate; this event is an important part of the training cycle. The event is also great FUN!**
- 7 Again, this year we have decided to incorporate a bonus point. Swimmers that enter more than 5 events will receive a bonus point. (8&U's will receive an additional point if they enter all 4 events) This bonus point will be removed if a swimmer fails to compete in any entered event without a valid reason.
- 8 Anything not covered within these rules will be subject to the discretion of the meet organiser and/or the promoters of the competition i.e. Halstead Swimming Club who reserve the right to make changes that may be considered necessary for the smooth running and discipline of the event.

## **SPRINT CHAMPIONSHIP**

Each age group (both male and female) will have an overall 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup>. This is based on the highest scored points over all 5 events (except 8 yrs & under which is based over 4 events) within each age group. Points for each event will be awarded as follows: - 1st - 5 points, 2<sup>nd</sup> - 4 points, 3<sup>rd</sup> - 3 points, 4<sup>th</sup> - 2 points, and 5<sup>th</sup> - 1 point. Awards will be given as follows, trophies for 1<sup>st</sup> and medals for 2<sup>nd</sup> and 3<sup>rd</sup>.

8 yrs & under - 25m swims - 4 events  
10 yrs & under - 50m swims plus 100m IM - 5 events  
12 yrs & under - 50m swims plus 100m IM - 5 events  
14 yrs & under - 100m swims plus 100m IM - 5 events  
16 yrs & under - 100m swims plus 100m IM - 5 events  
17 yrs & over - 100m swims plus 100m IM - 5 events

**HDW** - All events are swum as heat declared winners. That is, everyone swims the event in heats and the points are decided from the times recorded for that overall **age group**.

**Please note that the 50m sprints are optional for those that are 13&Over. These swims will be TIME ONLY and do not form part of the SPRINT CHAMPIONSHIPS.**

## **MIDDLE DISTANCE CHAMPIONSHIPS**

Each age group male and female will have an overall 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup>. This is based on the highest scored points over 4 out of the 6 events within each age group. Points will be awarded as follows 1<sup>st</sup> – 5 points, 2<sup>nd</sup> – 4 points, 3<sup>rd</sup> – 3 points, 4<sup>th</sup> – 2 points and 5<sup>th</sup> – 1 point.

## **STYLE TROPHY**

This is where each competitor swims a 100m IM....this is not a race! Points are awarded for the style & technique of each stroke including starts & turns. The age groups are 8 & under, 10/Under, 11 to 14 and 15/Over.

## **PROGRAMME OF EVENTS**

**Would you like to sponsor an event? This year we have decided to offer HSC families the opportunity to sponsor an event. Each event will be allocated on a first come first served basis at £3.00 per event. Please see DONNA to reserve your event.**

## **PRESENTATION EVENING**

There will be a presentation evening on Friday 25<sup>th</sup> October at the Queen's Hall followed by a disco. A memento will be given to each participant.

**If you do not understand any of the above or would like advice about completing this form please ask your coach.**

If you require entry times please speak to your coach and we will endeavor to arrange a time trial on a Sunday evening

# PROGRAMME OF EVENTS

## Friday 27th September

Event	Distance	Age Group
Fly	50m	13 / Over
Breast	25m	8 & Under
Free	200m	9 / Over
Back	25m	8 & Under
Breast	200m	9 / Over

## Saturday 28<sup>th</sup> September

Event	Distance	Age Group
Breast	50m	9 -12 Yrs
IM	100m	13 / Over
Back	200m	9 / Over
Fly	50m	9 - 12 Yrs
Fly	100m	13 / Over

## Friday 4<sup>th</sup> October

Event	Distance	Age Group
Free	50m	13 / Over
IM	100m	9 – 12 Yrs
Back	100m	13 / Over
Fly	200m	9 / Over

## Saturday 5<sup>th</sup> October

Event	Distance	Age Group
Free	100m	13 / Over
Free	50m	9 – 12 Yrs
Free	25m	8 & Under
Breast	100m	13 / Over
<b>INTERVAL 10 -15 MINUTES</b>		
Back	50m	9 / Over
Fly	25m	8 & Under
IM	200m	9 / Over

## Friday 11<sup>th</sup> October

Event	Distance	Age Group
Breast	50m	13 / Over
Free	400m	9 / Over

**Entry into the 400m event is at the discretion of the swimmer's coach. Please confirm with coach**